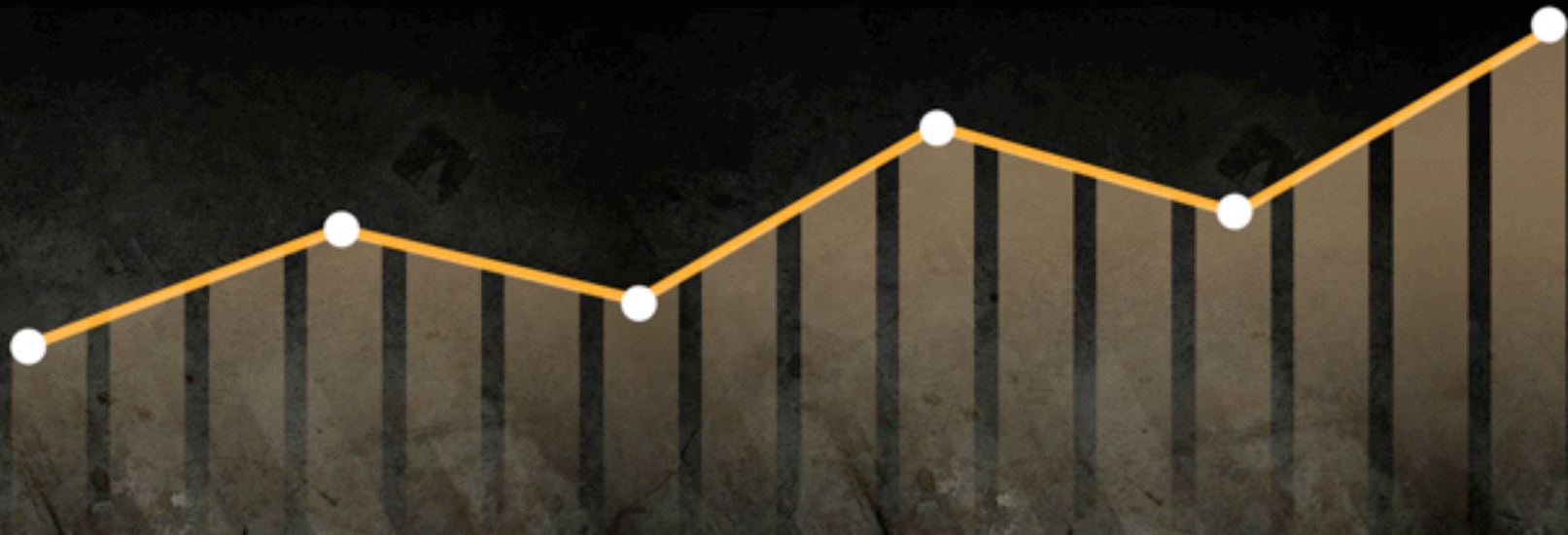




# PERFORMANCE TRACKER

TEMPLATES AND TOOLS FOR  
TRACKING YOUR NUTRITION,  
WORKOUTS, AND PERSONAL RECORDS



ELITE TRAINING PROGRAMS



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# WORKOUT TRACKING

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

- Theodore Roosevelt

# WORKOUT TRACKING

**T**oo many people, at all levels of fitness, spend countless hours in the gym and untold amounts of energy trying to reach their performance goals, and, yet, they don't track their results. Whether you are programming for yourself or having a qualified coach program for you, it's very difficult (if not impossible) to outline a training plan without the proper data.

Imagine what would happen if an NFL team played a game on Sunday and, on Monday, continued training without any changes or changed their training plan with no rhyme or reason. It would be disasterous. Instead, they review videos, they track data, they analyze plays, and, by doing so, they produce a plan to progress forward. You need to do the same.

Learn what your body likes and doesn't like over time. Learn what you need to do to have great workouts as often as possible. Below are a few things to think about when tracking your performance.

## **Mood:**

- ◆ Did you come to the gym angry, or happy about life?
- ◆ What was the predominant thought in your head throughout the workout? Was it the workout itself, or was it related to work, finances, family lift, etc.?
- ◆ Did it help your performance or hinder it?
- ◆ What can you take away from this to improve your situation next time?

### Energy Levels:

- ◆ Were you tired when you came in or were you full of energy?
- ◆ Did you take any stimulants beforehand (coffee, tea, caffeine, supplements)?
- ◆ How did the stimulants affect your performance?

### Sleep:

- ◆ How much sleep did you get the night before?
- ◆ How much sleep have you had in the last week?
- ◆ If you missed some sleep, would you perform better in the morning or afternoon?

### Sets:

- ◆ How many sets did you perform of each exercise?

### Reps:

- ◆ How many reps did you perform for every set?
- ◆ At what tempo (speed) did you perform the sets?

### Time between sets:

- ◆ How much rest time did you take in between sets?

### Distances:

- ◆ How far were you able to run/row/bike/etc. in a given amount of time?
- ◆ How was your pacing throughout the event?
- ◆ How could you have paced it differently?

### Misc.

- ◆ How was your breathing?
- ◆ Did you achieve a personal record?
- ◆ Did you experience any tweaks/pains, any mobility issues that need to be addressed?
- ◆ Are you satisfied with your performance?

Print off a few dozen copies of the following page, and use them to track the above data as you continue to follow your fitness program.

PERFORMANCE TRACKER

M M	DD	YY	Time	AM/PM	DAY OF WEEK	Sleep	1	2	3	4	5	6	7	8	9	10
						Stress	1	2	3	4	5	6	7	8	9	10
						Nutrition	1	2	3	4	5	6	7	8	9	10
						Energy	1	2	3	4	5	6	7	8	9	10
Workout						Results										
Notes:																
						Felt? _____										
						Satisfied? _____										
						PR? Y/N										

M M	DD	YY	Time	AM/PM	DAY OF WEEK	Sleep	1	2	3	4	5	6	7	8	9	10
						Stress	1	2	3	4	5	6	7	8	9	10
						Nutrition	1	2	3	4	5	6	7	8	9	10
						Energy	1	2	3	4	5	6	7	8	9	10
Workout						Results										
Notes:																
						Felt? _____										
						Satisfied? _____										
						PR? Y/N										

# NUTRITION TRACKING

**“What you want to be eventually, that you must be every day; and by and by the quality of your deeds  
will get down into your soul.”**

**– Napoleon Hill**

# NUTRITION TRACKING

As important, if not more important than tracking your workouts, is tracking your nutritional intake. A sound fitness program combines both an individualized training plan AND a nutrition plan.

With today's hectic lifestyle, we have become too accustomed to processed foods, eating on the move, and sporadic eating. Many believe that it is normal to have gas, bloating, upset stomachs, and that those are just part of being human. Well, I'm here to tell you otherwise. What you eat has an enormous impact on your well-being and performance. Taking the time to notice what foods sit well with you and make you feel and perform at your best is key to a long and prosperous journey.

What works for the thirty-something fitness competitor down the street, may not work for you. And what may work wonders for you, may only impede her performance. This is why you should track what you eat. Do you need to do it every day for the rest of your life? That's up to you and your goals. I suggest tracking your food for a week and seeing what you discover. If you like what you to discover, try doing it once a week every month. You will begin to develop the ability to track your foods in your head as you become better accustomed to the contents of different foods and the way they make you feel. Is it a lot of work at first? Yes, absolutely, which is why only about 50% of people carry through with it. It's hard to argue with reality when it's staring you right in the face and telling you what

you're doing wrong, but it's the only way to make real and long lasting changes. So give it a try!

Below are a few things to think about when tracking what you eat. Remember, don't become emotional about this process. You're going to make mistakes. The learning process never ends; it takes time, so enjoy it.

### **What you Ate:**

- ♦ What did you eat? Be specific; if you had fries at lunch, then don't write down potatoes. If you ate your eggs over-easy and cooked them in butter, then include that information in your food tracker. The small things matter, as you will discover over time.

### **Macro nutrient ratio/protein/carbs/fats**

- ♦ Using the calorie and macronutrient tracker in the next chapter, calculate how many calories, protein, fat, and carbs were in your foods. I promise that this will get easier over time as you develop an ability to quickly assess the contents of any food. Check out the resource chapter for more information.

### **When you ate it**

- ♦ Be specific. Different foods will affect you differently at different times of the day.

### How you felt afterward

- ♦ When you sit down to eat again, take a moment to notice how you feel. Are you tired, sluggish, energized, hungry, or full? Do you think the foods you ate at your last meal have anything to do with this? Write this down, and see if this pattern reoccurs.

### Bloating/Gas/Diarrhea/Constipation/Sweating/Itchy/Redness

- ♦ Despite what many think, this isn't normal and is not supposed to happen. There are, of course, medical issues that can cause this regardless of an ideal food profile. However, for the most part these disturbances come from the foods we eat. For example, if, every time you eat brussel sprouts, you get bloated, try taking them out for a few weeks, and see what happens. If the bloating subsides and then reappears when you reintroduce brussel sprouts back into your system, you probably shouldn't be eating brussel sprouts anymore, despite how good they may be for other people.

Print off a few dozen copies of the following page, and use them to track the above data as you continue to follow your fitness program.

PERFORMANCE TRACKER

Time		
Time		
		Noticings

Time		
Time		
		Noticings

# CALORIE AND MACRONUTRIENT REFERENCE GUIDE

**“Great achievement is usually born of great sacrifice,  
and is never the result of selfishness.”**

**– Napoleon Hill**

# CALORIE AND MACRONUTRIENT REFERENCE GUIDE

1g Protein = 4 calories

1g Carbohydrate = 4 calories

1g Fat = 9 calories

Unit per 100 gram	Calories	Protein	Carbohydrate	Fats
Almonds	583	19.5	6.2	52.0
Apple, Raw	54	0.4	12.0	0.0
Apricot, Raw	60	1.4	11.5	0.4
Artichokes, Harts	46	2.7	7.6	0.3
Artichokes, Raw	52	2.4	9.5	0.1
Arugula, Raw	13	1.3	1.0	0.2
Asparagus, white, raw	17	1.9	1.3	0.2
Avocados, raw	188	2.6	1.5	18.1
Bacon, cured, grilled	262	15.8	0.2	22.3
Bananas, raw	86	1.2	18.8	0.2
Beef steak, tenderloin	116	23.7	0.0	2.3
Beet juice, red	38	1.1	8.2	0.0
Beetroot, red, cooked	34	1.4	5.8	0.0
Blackberries	58	1.2	8.5	1.0
Blueberries	75	0.6	14.5	0.2
Bok Choi, raw	9	1.0	0.8	0.0
Bratwurst	313	22.4	1.5	24.5
Brazil, nuts	679	14.0	4.5	67.0
Beam fish	115	16.5	0.0	5.5
Broccoli	29	3.2	2.0	0.1
Brussel sprouts, cooked	25	3.0	3.4	0.0
Butter, unsalted	735	0.7	0.7	82.5

Unit per 100 gram	Calories	Protein	Carbohydrate	Fats
Cabbage, red, raw	26	1.5	3.5	0.2
Cabbage, white, raw	27	1.5	3.8	0.2
Carp, raw	115	18.0	0.0	4.8
Carrots, baby, raw	33	1.0	5.2	0
Carrots, cooked	27	0.8	4.7	0.0
Cashew nuts, raw	591	18.5	22.5	46.5
Catfish, cooked	132	25.0	00	3.5
Cauliflower, raw	24	2.0	3.0	0.0
Caviar, black	273	26.1	0.0	19.0
Celery, raw	17	0.7	3.5	0.1
Chard, swiss, raw	23	1.8	3.5	0.2
Cheddar cheese	389	25.4	0.5	32.2
Cheese, Brie	338	22.5	0.0	28.0
Cheese, cottage	100	12.8	2.9	4.2
Cheese, feta	252	14.2	1.2	21.5
Cherries, red, sweet, raw	554	0.5	12.0	0.1
Chestnuts, raw	188	4.0	35.0	2.0
Chicken, breast, meat only, cooked	157	30.0	0.0	4.0
Chicken, liver	132	22.5	1.0	4.2
Chinese cabbage, raw	20	1.2	1.8	0.3
Chive, fresh	58	3.6	8.5	0.7
Cockle, shellfish	64	15.5	0.0	0.1
Coconut milk, canned	208	1.5	3.0	21.5
Coconut milk, fresh	21	0.7	3.7	0.2
Coconut, meat, grated	742	7.0	19.0	69.0
Coconut, meat, raw	410	4.0	3.0	40.0
Cod, Atlantic, fillet, cooked	118	22.0	0.6	3.0
Cod-liver oil	881	0.0	0.0	99.8
Coriander, leaf, raw	37	4.0	1.0	0.0
Corned beef	225	12.8	3.5	18.0
Crab, mixed species, raw	85	17.0	1.0	1.4
Dab, flatfish, Atlantic, cooked	112	20.7	0.0	3.2
Dandelion green, raw	56	2.7	9.2	0.7
Date, raw	152	2.2	33.0	0.0

Unit per 100 gram	Calories	Protein	Carbohydrate	Fats
Deer, game meat, raw	121	23.0	00.0	3.2
Duck, wild, meat and skin, raw	225	18.1	0.0	17.2
Eel, smoked	244	17.8	0.0	19.5
Egg, white, raw	49	11.1	0.7	0.2
Egg, whole, fried	235	13.5	1.0	20.0
Egg, whole, hard-boiled	154	12.9	0.7	11.2
Egg, whole, omelet	144	9.4	2.2	11.1
Egg, whole, raw	139	12.5	0.0	10.0
Egg, yolk, raw	348	16.2	0.0	32.0
Eggplant, raw	25	1.2	3.5	0.2
Endive, green, raw	16	1.5	1.0	0.0
Escargots, land snails, cooked	80	16.0	1.6	1.0
Fat, animal, solid, for deep-frying	884	0.0	0.0	100.0
Fennel, bulb, raw	40	2.0	7.0	0.0
Figs, raw	64	1.4	13.0	0.2
Flatfish, flounder, prepared	102	21.0	0.0	2.0
Flatfish, sole, cooked	119	24.0	0.0	2.5
French fries, overn-heated	307	5.5	46.0	10.5
Frog legs, raw	69	16.4	0.0	0.3
Gamba, shellfish	97	20.5	0.2	1.5
Gammon pork	142	20.5	1.0	6.3
Gammon steak, pork, cooked	212	28.0	0.4	11.0
Garlic, raw	140	6.0	28.0	0.1
Ginger root, raw	62	1.2	11.5	1.0
Goat cheese, soft type	205	12.0	1.1	17.3
Goat meat, domesticated, raw	150	19.5	0.0	8.1
Goose, meat and skin, cooked	278	30.0	0.0	17.8
Gooseberries, raw	36	1.0	8.0	0.0

# PERFORMANCE TRACKER

Unit per 100 gram	Calories	Protein	Carbohydrate	Fats
Grapefruit, raw	45	0.6	9.5	0.2
Grapes, blue, raw	57	0.5	11.5	0.1
Grapes, green white, raw	57	0.5	13.5	0.0
Green salad, mixed varieties	19	1.0	2.9	0.0
Grouse, game meat, cooked	183	31.0	0.0	6.5
Guava, raw	46	0.9	7.5	0.5
Gurnard, fish, cooked	169	25.5	0.1	7.4
Hake, fish, raw	78	17.3	0.0	0.9
Halibut, Atlantic and Pacific, white, raw	105	20.5	0.0	2.5
Ham, cooked, sliced, regular	136	17.4	1.5	6.8
Hamburger, plain, cooked	272	21.0	2.5	20.0
Hare, game	114	21.8	0.0	3.0
Hazelnuts, raw	667	14.2	10.6	62.5
Heart, pork, raw	100	17.0	0.0	3.5
Herring, Atlantic, raw	216	18.0	0.5	16.0
Ice cream, vanilla, rich	257	3.9	23.5	16
Kale, raw	51	4.3	5.5	0.9
Kefir	63	3.3	4.5	3.5
Kelp, seaweed, raw	86	7.5	10.5	1.2
Khaki, fruit	78	0.5	18.5	0.0
Kidneys, beef, raw	126	7.8	21.5	0.5
Kidneys, pork, raw	116	16.5	0.8	5.2
Kiwi, raw	48	1.0	10.3	0.2
Kumkwat	71	1.0	16.0	0.0
Lamb, rib	243	19.2	0.0	18.7
Lambs lettuce, green	20	2.0	3.0	0.0
Lard, pork	882	0.0	0.0	99.8
Leek, cooked	27	1.5	3.8	0.0
Lemon juice, fresh	32	0.0	8.0	0.0
Lemon, raw, peeled	36	0.5	6.5	0.4
Lettuce, green leaf, raw	11	1.3	1.0	0.2
Lettuce, iceberg	11	1.2	0.9	0.1

# PERFORMANCE TRACKER

Unit per 100 gram	Calories	Protein	Carbohydrate	Fats
Limes, raw	32	0.5	2.0	2.5
Ling, fish, raw	75	18.4	0.0	0.2
Liver, beef, raw	123	20.7	2.0	3.6
Liver, lamb, raw	131	21.0	2.9	3.9
Liver, pork, raw	132	22.2	2.0	3.9
Liver, veal, raw	109	17.7	2.0	3.3
Lobster, mixed species, cooked	82	16.0	0.0	2.0
Lychee, raw	81	0.9	18.0	0.3
Macadamia nuts, raw	733	9.0	6.5	74.5
Mackerel, Atlantic, cooked	244	24.0	0.0	16.7
Mangos, raw	61	1.1	12.8	0.3
Meat, sheep, raw	217	17.5	0.0	16.5
Melons cantaloupe, raw	47	0.9	7.0	0.3
Milk, goat	64	3.8	4.5	3.8
Milk, human, mature, fluid	69	1.3	7.0	4.0
Milk reindeer, raw	233	10.8	4.1	19.6
Milk, whole	102	3.7	4.3	3.4
Minced ground meat, beef	209	19.1	0.8	14.6
Minced ground meat, lamb	192	19.3	0.0	12.9
Minced ground meat, pork	208	18.8	2.0	14.0
Minced ground meat, veal	148	19.0	0.0	8.0
Monkfish, raw	74	15.0	0.0	1.5
Mushrooms, oyster, raw	22	1.5	1.0	0.2
Mushrooms, shiitake, dried	192	16.5	23.5	3.4
Mushrooms, white, raw	16	2.7	0.3	0.0
Mussels, blue, raw	74	9.8	2.0	3.0
Mustard spinach, raw	31	2.0	5.3	0.0
Mustard, prepared, yellow	85	5.0	7.4	4.0
Nectarines, raw	36	1.0	7.5	0.0
Norway lobster, Langoestine	85	17.2	1.3	1.1
Olive oil	883	0.0	0.2	99.8
Olives, ripe, canned	136	1.4	0.2	13.8
Onions, raw	36	1.2	6.1	0.2
Oranges, raw	44	1.0	9.5	0.2

Unit per 100 gram	Calories	Protein	Carbohydrate	Fats
Ostrich, tenderloin, raw	104	21.5	1.0	1.5
Oxtail	183	20.1	0.0	11.5
Oyster, Pacific, raw	70	10.0	3.4	1.8
Papayas, raw	45	0.6	9.9	0.1
Parsnips, raw	89	1.5	17.0	0.5
Partridge, game meat, raw	210	35.0	0.5	7.5
Passion fruit, purple, raw	120	2.3	22.3	0.7
Peaches, raw	39	0.8	8.7	0.1
Pears, raw	54	0.5	11.0	0.3
Pecans, nuts	717	8.5	9.5	72.0
Pepperoni	448	20.0	3.3	40.0
Perch, raw	82	18.5	0.0	0.8
Pheasant, raw, meat and skin	229	30.5	0.0	12.0
Pickles, Gherkin, sweet, sour	14	1.1	2.0	0.0
Pine nuts, raw	635	27.0	13.5	52.5
Pineapple, raw	61	0.5	13.5	0.2
Pistachios, unsalted	649	19.5	24.0	51.5
Plaice, flatfish, cooked	179	21.0	1.5	10.0
Plums, raw	60	0.8	12.0	0.6
Pollock, Atlantic, raw	80	17.2	0.0	1.2
Pomegranate, raw	85	1.0	17.5	0.7
Pork, belly, raw	384	15.0	0.1	36.5
Pork chops, bone-in, raw	196	19.0	0.1	13.5
Pork, kidneys, raw	113	16.5	0.1	5.2
Pork, liver, cooked	198	28.5	4.0	7.5
Pork, loin, raw	116	23.5	0.0	2.4
Pork, tenderloin, raw	119	22.8	0.0	3.1
Potatoes, cooked, no skin	82	2.0	17.0	0.1
Pumpkin, cooked	17	0.6	2.5	0.3
Pumpkin, raw	36	1.1	7.0	0.2
Quail, meat and skin, raw	190	19.5	0.1	12.5
Quinces, raw	69	0.5	15.5	0.1

# PERFORMANCE TRACKER

Unit per 100 gram	Calories	Protein	Carbohydrate	Fats
Rabbit, game meat, wild, raw	133	22.0	0.0	5.0
Radishes, raw	18	1.0	2.5	0.2
Raspberries, raw	68	1.2	14.3	0.5
Ray fish, raw	85	20.7	0.0	0.2
Redberries, raw	51	1.1	7.9	0.1
Redfish, raw	105	18.2	0.0	3.6
Rhubarb, raw	14	0.5	2.0	0.1
Ribeye, beef	146	22.8	0.2	6.0
Rice, white, regular, cooked	96	2.5	20.0	0.4
Roast beef, lean	168	28.3	0.8	5.7
Rutabagas, raw	24	1.0	5.0	0.2
Salmon, Atlantic, raw	220	20.2	0.0	15.7
Salmon, smoked	200	25.0	0.0	11.2
Sardines or pilchards, raw	115	19.4	0.0	4.2
Sauerkraut, canned	12	2.0	1.0	0.0
Sausage, smoked, pork	322	14.3	0.9	29.5
Scallop, mixed species, raw	72	15.5	2.2	0.1
Sea bass, mixed species, raw	120	23.5	0.0	2.8
Seaweed, mixed varieties, dried	280	11.5	55.0	1.2
Shallots, raw	32	1.8	7.3	0.2
Shank, meat, beef	11	22.6	0.0	2.6
Shank, meat, veal	112	21.3	0.0	2.9
Shrimp, gray or brown	90	18.0	0.0	2.0
Spinach, raw	15	2.5	0.6	0.3
Sprat, Atlantic fish, fillet	222	20.0	0.0	16.0
Squid, mixed species, raw	80	16.2	0.0	1.7
Strawberries, raw	36	0.8	6.5	0.4
Sweet potato, raw, unprepared	96	1.3	21.0	0.1
Swordfish, raw	119	19.5	0.0	4.5
Tangerines	49	0.7	10.1	0.3
Tenderloin, beef	126	21.5	0.0	4.4

## PERFORMANCE TRACKER

Unit per 100 gram	Calories	Protein	Carbohydrate	Fats
Tilapia, freshwater fish, raw	114	17.9	0.0	4.8
Tomatoes, red, raw	19	1.0	2.9	0.2
Tongue, beef	188	17.3	0.0	13.2
Tongue, veal	167	17.6	0.0	10.9
Trout, mixed species, raw	126	18.4	0.0	5.8
Trout, rainbow char, cooked	162	22.7	0.0	8.0
Truffles, black	24	5.5	1.0	0.5
Tunda, raw	96	21.5	0.0	1.0
Turkey, mixed variety, meat and skin	141	21.8	0.0	6.0
Turkey, breast, meat only, raw	106	22.6	0.6	1.4
Turnips, raw	25	1.5	3.4	0.2
Walnuts, raw	675	14.4	12.1	62.5
Watercress, raw	20	1.6	2.0	0.3
Watermelon, raw	37	0.6	7.8	0.2
Yam	107	2.0	22.5	0.2
Yogurt, Bulgarian, full-fat	84	4.5	6.5	4.5
Zucchini, raw	27	1.8	4.5	0.0

# PERSONAL RECORDS TRACKING

**“He who is not every day conquering some fear,  
has not learned the secret of life.”**

**– Emerson**

# PERSONAL RECORDS TRACKING

Too many times, I've witnessed people spending countless hours and untold amounts of energy and effort in the gym, only to overlook a tool that can bring around an almost effortless increase in results. Tracking your personal bests not only allows you to see where you are progressing, but it also allows you to see where you have plateaued, or even regressed. This is important when training at a high level, where the risk of overreaching, and even overtraining, is always present.

Not only is it fun to keep track of your personal records in training and competition, but it helps you stay motivated when you start seeing your times dropping, or your loads increasing. When you enter a competition or begin your workout for the day, you want to have a good idea of where you're standing in terms of physical abilities. Having a spreadsheet of your personal bests provides you with a quick snapshot of data. This quick snapshot of multiple different records is of great use to those who compete in mixed modality sports. For example, if your event requires you to complete 5 rounds of a 400m run, 20 reps of a bodyweight deadlift, and 30 pushups, knowing your personal bests in these movements can help you determine how you might perform, or how to pace the event based on your abilities.

On the next page, you will find a personal records tracking form. Print off several copies of this and use them to track the data you choose as you continue to follow your fitness

program. Place them at the front of your binder, with the rest of your workout and nutrition tracking sheets, so that they can easily be reviewed.

In the first column on the left, write down the months and year. In the top row, write down the metrics that you want to track in your training program. The possibilities for this list are virtually endless, and the metrics that you choose to track should be based around your individual goals. For a weightlifter this may be heavily based around 1RM lifts, for a runner this may be heavily based around various run times and single leg and arm movements. After the tracking spread sheet, you will find a list of ideas to get you started.

A final point to note: as important as it is to track your personal records, do not obsess over them. There will inevitably be days where you arrive at the gym, ready to test a lift or set a new time, and you will fall short of your previous personal best. You can not set a personal best every day, and it is a mistake to attempt this. Long term progress is the important part, so don't stress about it.

# PERSONAL RECORDS TRACKING

MM/YY							
MM/YY							
MM/YY							
MM/YY							
MM/YY							
MM/YY							
MM/YY							
MM/YY							
MM/YY							
MM/YY							
MM/YY							
MM/YY							

## Running:

- ◆ 50m sprint
- ◆ 100m sprint
- ◆ 200m sprint
- ◆ 400m sprint
- ◆ 800m run
- ◆ 1mile run
- ◆ 5km run
- ◆ 10km run
- ◆ 60min run
- ◆ Half Marathon
- ◆ Marathon
- ◆ Ultra Marathon

## Rowing:

- ◆ 500m row
- ◆ 1000m row
- ◆ 2000m row
- ◆ 5000m row
- ◆ 10,000m row
- ◆ 60min row

**Weights** (This could be whatever rep scheme you are tracking (1RM, 3RM, 5RM, etc.):

- ◆ Deadlifts
- ◆ High Bar Back Squat
- ◆ Low Bar Back Squat
- ◆ Box Squat
- ◆ Front Squat
- ◆ Overhead Squat
- ◆ Bench Press
- ◆ Shoulder Press
- ◆ Push Press
- ◆ Squat Jerk
- ◆ Split Jerk
- ◆ Power Clean
- ◆ Hang Power Clean
- ◆ Squat Clean
- ◆ Clean & Jerk
- ◆ Power Snatch
- ◆ Hang Power Snatch
- ◆ Squat Snatch
- ◆ Weighted Pullup

- ◆ Weighted Dip
- ◆ Thruster
- ◆ Sumo Deadlift High Pull

## Body Weight Movements:

- ◆ Max Strict Pullups
- ◆ Max Kipping Pullups
- ◆ Max Pushups
- ◆ Max Squats
- ◆ Max Strict HSPU
- ◆ Max Kipping HSPU
- ◆ Max Strict Ring Dips
- ◆ Max Kipping Ring Dips
- ◆ Max Muscle-Ups (bar/rings)
- ◆ Max Pistol Squats
- ◆ Back Lever Hold (sec)
- ◆ Front Lever Hold (sec)
- ◆ L-Sit (sec)
- ◆ Planche (sec)
- ◆ Handstand Hold (sec)
- ◆ One Arm HS Hold (sec)
- ◆ Strict Knees to Bar
- ◆ Kipping Knees to Bar

- ◆ Strict Toes to Bar
- ◆ Kipping Toes to Bar
- ◆ Double Leg Vertical Jump
- ◆ Single Leg Vertical Jump
- ◆ Broad Jump
- ◆ Triple Jump
- ◆ Max Pushups in 2min
- ◆ Max Pullups in 2min
- ◆ Max Situps in 2min
- ◆ Max Double Unders

# THE GIRLS:

## AMANDA

3 rounds for time:

- ◆ 21-15-9 reps
- ◆ Muscle-Up
- ◆ Squat Snatch (135/95)

## ANGIE

For Time:

- ◆ 100 Pull-Ups
- ◆ 100 Push-Ups
- ◆ 100 Sit-Ups
- ◆ 100 Squats
- ◆ Complete all reps of each exercise before moving to the next

## ANNIE

5 rounds for time:

- ◆ 50-40-30-20-10 reps
- ◆ Double Unders
- ◆ Sit-Ups

## BARBARA

- ◆ 5 rounds for time:
- ◆ 20 Pull-Ups
- ◆ 30 Push-Ups
- ◆ 40 Sit-Ups
- ◆ 50 Squats

Rest 3 minutes between rounds, add times from each round to get total time.

## CANDY

5 rounds for time:

- ◆ 20 Pull-Ups
- ◆ 40 Push-Ups
- ◆ 60 Squats

## CHELSEA

On the min for 30min

- ◆ 5 Pull-Ups
- ◆ 10 Push-Ups
- ◆ 15 Squats

## CHRISTINE

3 rounds for time:

- ◆ Row 500 Meters
- ◆ 12 Deadlifts @ BW
- ◆ 21 Box Jumps 20"

## CINDY

- ◆ AMRAP 20 min
- ◆ 5 Pull-Ups
- ◆ 10 Push-Ups
- ◆ 15 Squats

## DIANE

3 rounds for time:

- ◆ 21-15-9 reps
- ◆ Deadlift 225lbs men/155lbs women
- ◆ Handstand Push-Ups

## ELIZABETH

3 rounds for time:

- ◆ 21-15- 9 reps:
- ◆ Clean 135lbs men/95lbs women

## EVA

5 rounds for time

- ◆ Run 800 meters
- ◆ 30 KB Swing 2pood (32kg) men/  
1.5pood (24kg) women
- ◆ 30 Pull-Ups

## FRAN

3 Rounds For Time:

- ◆ 21-15-9 Reps
- ◆ Thruster 95lbs men/65lbs women
- ◆ Pull-Ups

## GRACE

30 Reps For Time:

- ◆ Clean and Jerk 135lbs men/95 lbs women

## HELEN

3 Rounds For Time:

- ◆ Run 400m
- ◆ 21 KB Swing 1.5pood (24kg)  
men/1pood (16kg) women
- ◆ 12 Pull-Ups

## ISABEL

30 Reps For Time:

- ◆ Snatch 135lbs men/95lbs  
women

## JACKIE

For Time:

- ◆ Row 1000 Meters
- ◆ 50 Thrusters 45lbs men/35lbs  
women
- ◆ 30 Pull-Ups

## KAREN

For Time:

- ◆ 150 Wall-Balls
- ◆ 20lbs men/14lbs women
- ◆ 10 feet men/9 feet women

## KELLY

5 Rounds For Time:

- ◆ Run 400 Meters
- ◆ 30 Box Jumps 24"
- ◆ 30 Wall-Balls
- ◆ (20lbs-10feet men/14lbs-9feet  
women)

## LINDA

- ◆ 10 Rounds For Time  
(10,9,8,7,6,5,4,3,2,1)
- ◆ Deadlift 1.5 x BW
- ◆ Bench Press BW
- ◆ Clean 0.75 x BW

## LYNEE

5 Rounds For Max Reps

- ◆ Bodyweight Bench Press
- ◆ Pull-Ups

There is no time component to this

**MARY**

- ◆ AMRAP 20 Minutes
- ◆ 5 Handstand Push-Ups
- ◆ 10 Pistol Squats
- ◆ 15 Pull-Ups

**NANCY**

5 Rounds For Time

- ◆ Run 400m
- ◆ 15 Overhead Squats 95lbs men/  
65lbs women

**NICOLE**

- ◆ AMRAP 20 Minutes
- ◆ Run 400 Meters
- ◆ Max Rep Pull-Ups
- ◆ Note the number of pull-ups  
completed for each round

# THE HEROES

## ADAM BROWN

2 Rounds For Time

- ◆ 24 Deadlifts 295lbs men/205lbs women
- ◆ 24 Box Jumps 24" men/20" women
- ◆ 24 Wall Balls 20lbs, 10feet men/14lbs, 9 feet women
- ◆ 24 Bench Press 195lbs men/135lbs women
- ◆ 24 Box Jumps

## BADGER

3 Rounds For Time

- ◆ 30 Squat Cleans 95lbs men/65lbs women
- ◆ 30 Pull-Ups
- ◆ Run 800m

## ARNIE

For Time

- ◆ Use a Kettlebell 2pood (32kg) men/1.5pd (24kg women)
- ◆ 21 Turkish Get-Ups, Right
- ◆ 50 Swings
- ◆ 21 Overhead Squats, Left
- ◆ 50 Swings
- ◆ 21 Overhead Squats, Right
- ◆ 50 Swings
- ◆ 21 Turkish Get-Ups, Left

## DANIEL

For Time

- ◆ 50 Pull-Ups
- ◆ Run 400m
- ◆ 21 Thrusters 95lbs men/65lbs women
- ◆ Run 800m
- ◆ 21 Thrusters 95lbs men/65lbs women
- ◆ Run 400m
- ◆ 50 Pull-Ups

## DANNY

- ◆ AMRAP 20 Minutes
- ◆ 30 Box Jumps 24"
- ◆ 20 Push Presses 115lbs men/  
80lbs women
- ◆ 30 Pull-Ups

## DT

5 Rounds For Time

- ◆ 12 Deadlifts 155lbs men/110lbs  
women
- ◆ 9 Hang Power Cleans 155lbs  
men/110lbs women
- ◆ 6 Push Jerks 155lbs men/110lbs  
women

## ERIN

5 Rounds For Time

- ◆ 15 Dumbbell Split Clean 40lbs  
men/30lbs women
- ◆ 21 Pull-Ups

## GARRETT

3 Rounds For Time

- ◆ 75 Squats
- ◆ 25 Ring HSPU
- ◆ 25 L-Pull-Ups

## GRIFF

For Time

- ◆ Run 800m
- ◆ Run 400m Backwards
- ◆ Run 800m
- ◆ Run 400m Backwards

## HANSEN

5 Rounds For Time

- ◆ 30 Kettlebell Swings 2pood  
(32kg) men/1.5pd (24kg women)
- ◆ 30 Burpees
- ◆ 30 Glute-Ham Sit-Ups

## JASON

For Time

- ◆ 100 Squats
- ◆ 5 Muscle-Ups
- ◆ 75 Squats
- ◆ 10 Muscle-Ups
- ◆ 50 Squats
- ◆ 15 Muscle-Ups
- ◆ 25 Squats
- ◆ 20 Muscle-Ups

## JOSH

For Time

- ◆ 21 Overhead Squats 95lbs men/  
65lbs women
- ◆ 42 Pull-Ups
- ◆ 15 Overhead Squats 95lbs men/  
65lbs women
- ◆ 30 Pull-Ups
- ◆ 9 Overhead Squats 95lbs men/  
65lbs women
- ◆ 18 Pull-Ups

## JERRY

For Time

- ◆ Run 1 Mile
- ◆ Row 2 Km
- ◆ Run 1 Mile

## JOSHIE

3 Rounds For Time

- ◆ 21 DB Snatch R 40lbs men/30lbs  
women
- ◆ 21 L Pull-Ups
- ◆ 21 DB Snatch L 40lbs men/30lbs  
women
- ◆ 21 L Pull-Ups
- ◆ Run 800m

## MR. JOSHUA

5 Rounds For Time

- ◆ Run 400m
- ◆ 30 Glute-Ham Sit-Ups
- ◆ 15 Deadlifts 250lbs men/175lbs  
women

## JOHNSON

- ◆ AMRAP in 20 Minutes
- ◆ 9 Deadlift 245lbs men/155lbs women
- ◆ 8 Muscle-Ups
- ◆ 9 Squat Cleans 155lbs men/105lbs women

## JT

3 Rounds For Time

- ◆ 21-15-9 Reps
- ◆ Handstand Push-Ups
- ◆ Ring Dips
- ◆ Push-Ups

## LUCE

3 Rounds For Time

- ◆ Run 1Km
- ◆ 10 Muscle-Ups
- ◆ 100 Squats
- ◆ If you've got a weight vest, wear it

## LUMBERJACK 20

For Time

- ◆ 20 Deadlifts 275lbs men/185lbs women
- ◆ Run 400m
- ◆ 20 Kettlebell Swings 2pood (32kg) men, 1.5pood (24kg) women
- ◆ Run 400m
- ◆ 20 Overhead Squats 115lbs men/75lbs women
- ◆ Run 400m
- ◆ 20 Burpees
- ◆ Run 400m
- ◆ 20 Pull-Ups, Chest to Bar
- ◆ Run 400m
- ◆ 20 Box Jumps 24" men/20" women
- ◆ Run 400m
- ◆ 20 DB Squat Cleans 45lbs men/35lbs women
- ◆ Run 400m

## MCGHEE

- ◆ AMRAP 30 Minutes
- ◆ 5 Deadlift 275lbs men/225lbs women
- ◆ 13 Push-ups
- ◆ 9 Box Jumps 24"men/20" women

## MICHAEL

3 Rounds For Time

- ◆ Run 800m
- ◆ 50 Back Extensions
- ◆ 50 Sit-Ups

## MURPH

For Time

- ◆ 1 Mile Run
- ◆ 100 Pull-Ups
- ◆ 200 Push-Ups
- ◆ 300 Squats
- ◆ 1 Mile Run

If you have a weight vest wear it.

## NATE

- ◆ AMRAP 20 Minutes
- ◆ 2 Muscle-Ups
- ◆ 4 Handstand Push-Ups
- ◆ 8 KB Swings 2pood(32kg) men/1.5pd(24kg) women

## NUTTS

For Time

- ◆ 10 Handstand Push-U[ps
- ◆ 15 Deadlifts 250lbs men/205lbs women
- ◆ 25 Box Jumps 30" men/24" women
- ◆ 50 Pull-Ups
- ◆ 100 Wallballs 20lbs, 10feet men/14lbs, 9 feet women
- ◆ 200 Double-Unders
- ◆ Run 400m 45lbs men/25lbs women

## PAUL

5 Rounds For Time

- ◆ 50 Double Unders
- ◆ 35 Knees to Elbows
- ◆ 20 yard Overhead Walk 75lbs  
men/55lbs women

## ROY

5 Rounds For Time

- ◆ 15 Deadlifts 225lbs men/155lbs  
women
- ◆ 20 Box Jumps 24" men/20"  
women
- ◆ 25 Pull-Ups

## RYAN

5 Rounds For Time

- ◆ 7 Muscle-Ups
- ◆ 21 Burpees
- ◆ Each burpees terminates with a  
jump one foot above max  
standing reach

## RJ

5 Rounds For Time

- ◆ Run 800 Meters
- ◆ 5 Rope Climbs 15 feet
- ◆ 50 Push-Ups

## RANDY

For Time

- ◆ 75 Power Snatch 75lbs men/  
55lbs women

## THE SEVEN

7 Rounds For Time

- ◆ 7 Handstand Push-Ups
- ◆ 7 Thrusters 135lbs men/115lbs  
women
- ◆ 7 Knees to Elbows
- ◆ 7 Deadlifts 245lbs men/205lbs  
women
- ◆ 7 Burpees
- ◆ 7 Kettlebell Swings 2pood  
(32kg) men, 1.5 pd(24kg)  
women
- ◆ 7 Pull-Ups

## STEPHEN

5 Rounds For Time

- ◆ 30-25-20-15-10-5 Reps
- ◆ GHD Sit-ups
- ◆ Back Extension
- ◆ Knees To Elbows
- ◆ Stiff Legged Deadlift 75lbs men/  
55lbs women

## TOMMY V

For Time

- ◆ 21 Thrusters 115lbs men/80lbs  
women
- ◆ 12 Rope Climbs 15 feet
- ◆ 15 Thrusters 115lbs men/80lbs  
women
- ◆ 9 Rope Climbs 15 feet
- ◆ 9 Thrusters 115lbs men/80lbs  
women
- ◆ 6 Rope Climbs 15 feet

## TYLER

5 Rounds For Time

- ◆ 7 Muscle-Ups
- ◆ 21 Sumo Deadlift High Pulls  
95lbs men/75lbs women

## WAR FRANK

3 Rounds For Time

- ◆ 25 Muscle-Ups
- ◆ 100 Squats
- ◆ 35 GHD Sit-ups

# RESOURCES

**“Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing happened.”**

**– Winston Churchill**

# RESOURCES

These are a few of the resources that I have found helpful in improving my performance over time:

- ◆ [MyNetDiary](#)
- ◆ [Robb Wolf](#)
- ◆ [Balanced Bites](#)
- ◆ [Coach's Eye](#)
- ◆ [Marks Daily Apple](#)
- ◆ [Precision Nutrition](#)
- ◆ Joel Jamieson, *Ultimate MMA Conditioning* (8WeeksOut Media; 1ST edition, 2009)
- ◆ Bob Takano, *Weightlifting Programming: A Winning Coach's Guide* (Catalyst Athletics; First Edition 2012)
- ◆ Paul Check, *How to Eat, Move and Be Healthy* (C.H.E.K Institute; 1st edition, 2004)

## BIO

**W**es Kennedy is the owner and head coach at Elite Training Programs. His passion for fitness was born from his time spent in the Canadian Forces. With eight years as a combat arms soldier, five of those as a Special Forces Operator, and two combat tours to Afghanistan, Wes understands what it takes to push his body and mind to the limits.



With a growing passion for fitness, Wes competed in his first endurance race, the Petawawa Ironman competition, a 50km race consisting of a ruck sack march, portage, and canoe. After 4 months of endurance training he placed 3rd out of nearly 400 competitors.

Wanting to understand more about the science of fitness and nutrition in order to help others reach their potential, Wes has been certified as an FMS Level 1 trainer, Crossfit Level 1 trainer, and, most recently, Crossfit Strongman trainer. He is now completing his OPT level 1 coaching certification program. Whether you are looking to improve your athletic prowess, trying out for an elite military or police unit, or simply wanting to lose some body fat, improve your figure, and begin your athletic journey, Wes is ready to provide you with expert coaching based on his knowledge and experience.

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